

Walking Meditation Cankama in Buddhism

28 April 2024

BGKT Buddhist Group of Kendal (Theravada) teaches walking meditation cankama in its Open Meetings. BGKT Secretary Bodhicarini Upasika Jayasili Jacquetta Gomes taught walking meditation cankama at Retreats at The London Buddhist Vihara.

Bhante Henepola Gunaratana Maha Thera (1927-)

Bhante Henepola Gunaratana is a Sri Lankan Buddhist Monk who is the Founding Abbot of the Bhavana Society in West Virginia USA. He is an internationally respected meditation master and author.

<https://bhavanasociety.org/>

Bhante Henepola Gunaratana was one of the Founder Spiritual Advisors of BGKT Buddhist Group of Kendal (Theravada) in 1991.

<https://www.buddhistgroupofkendal.co.uk/spiritual-advisors-venerable-dr-balangoda-ananda-maitreya-and-venerable-henepola-gunaratana/>

Teachings in Buddhist Group of Kendal (Theravada) BGKT's Open Meetings are based on *Mindfulness in Plain English*, *Loving-Kindness in Plain English*, *Start Here, Start Now: A Short Guide to Mindfulness Meditation* and The *In Plain English* series by Bhante Henepola Gunaratana published by Wisdom Experience. His books include explanations of walking meditation cankamana.

<https://wisdomexperience.org/content-author/bhante-gunaratana/>

Beyond Mindfulness in Plain English, Bhante Henepola Gunaratana

Wisdom Publications USA, 2009. (ISBN 9780861715299)

Chapter 4 Why Can't We Concentrate Strongly Right Now?: Section Sloth and Torpor pages 76-77.

Chapter 9 Access Concentration: Section Choosing a Meditation Subject page 112.

<https://wisdomexperience.org/product/beyond-mindfulness-plain-english/>

Available on Google Books

Mindfulness in Plain English, Bhante Henepola Gunaratana

Wisdom Publications USA, 20th anniversary edition 2011. (ISBN 9780861719068)

Chapter 14 Mindfulness versus Concentration: Section Walking Meditation pages 159-162

<https://wisdomexperience.org/product/mindfulness-plain-english/>

Available on Google Books

What, Why, How: Answers to Your Questions about Buddhism, Meditation and Living

Mindfully, Bhante Gunaratana, Wisdom Publications, USA, 2019. (ISBN 9781614296164)

Chapter 1 On Meditation: Section Other Meditation Postures pages 17-18.

Chapter 11 Concentration and the Jhanas: Section Walking Jhana page 165.

<https://wisdomexperience.org/product/what-why-how/>

BPS Buddhist Publication Society Kandy Sri Lanka

<https://www.bps.lk/>

<https://www.bps.lk/library.php>

BPS Bodhi Leaves

https://bps.lk/library_bodhileaves.php

Bodhi Leaves 137 *The Benefits of Walking Meditation* by Sayadaw U Silananda

https://www.bps.lk/olib/bl/bl137_Silananda_The-Benefits-of-Walking-Meditation.html

https://bps.lk/olib/bl/bl137_Silananda_The-Benefits-of-Walking-Meditation.pdf

<https://www.accesstoinight.org/lib/authors/silananda/bl137.html>

BPS Wheel Publications (ISSN 0068-3345)

https://www.bps.lk/library_wheels.php

<https://www.bps.lk/olib/wh/whindex.html>

Wheel 464 Nyanadhammo, Ajahn Walking Meditation: Three Expositions on Walking Meditation by Ajahn Nyanadhammo, Ajahn Brahmavamsa and Dharma Dorje. 2007. (ISBN 978-955-24-0300-2).

https://www.bps.lk/olib/wh/wh464_Nyanadhammo-et-al_Walking-Meditation--Three-Expositions.html

https://www.bps.lk/olib/wh/wh464_Nyanadhammo-Brahm-Dorje_Walking-Meditation.pdf

Wheel 464 *Walking Meditation* includes a section on Discourse of Suttas

Discourses

Bhikkhus, there are these five benefits in walking meditation. What five? One endures long (walking) journeys. One endures striving (in meditation). One has little physical afflictions. What is eaten, drunk, chewed, tasted, is well digested. The concentration that has been attained by walking meditation lasts for a long time. (AN *Anguttara Nikaya* 5:29)

“... Moggallana, perceiving what is before and behind, you should fix attention on walking meditation, with the sense-faculties turned inward, and the mind not going out. ...”
(AN *Anguttara Nikaya* 7:58)

“Bhikkhus, you should train thus: ‘We will be devoted to wakefulness; by walking and sitting meditation during the day, ... night, we will purify our minds of obstructive states.’”
(MN *Majjhima Nikaya* 39.10)

I left my dwelling overcome by sleepiness. Going onto the walking path, I fell down on the earth. Having rubbed my limbs and having gone onto the walking-meditation path again, I did walking meditation and became well composed in mind. Then wise attention arose in me, the danger in existence became clear, disenchantment was established, and my mind was released.
(Bhagu Thera, *Theragatha* 271–273)

Dictionaries

Buddhist Dictionary: Manual of Buddhist Terms and Doctrines. Nyanatiloka, Venerable. 2004. (5th revised edition) (Kandy, Sri Lanka, BPS Buddhist Publication Society (ISBN 955-24-0019-8) (Current ISBN 978-974-9511-30-5).

https://www.bps.lk/olib/bp/bp601s_Nyanatiloka_Buddhist-Dictionary.pdf

The Pali Text Society's Pali-English Dictionary. Edited by T. W. Rhys Davids and William Stede (London, Luzac for the PTS Pali Text Society). (ISBN: 978-0-86013-503-6). 1921-1925 edition available online via the Pali Text Society website

<https://palitextsociety.org/product/pali-english-dictionary/>

Suttas and Translations

Suttas and translations are available on the Access to Insight, dhammatalks.org and Sutta Central websites.

Access to Insight <https://www.accesstoinight.org/>

dhammatalks.org <https://www.dhammatalks.org/> <https://www.dhammatalks.org/suttas/>

Sutta Central <https://suttacentral.net/?lang=en>

Suttas

AN Anguttara Nikaya 5.29

Cankama Sutta: Walking, translated from the Pali by Aggacitta Bhikkhu & Kumara Bhikkhu
Available on Access to Insight website

<https://www.accesstoinight.org/tipitaka/an/an05/an05.029.agku.html>

AN Anguttara Nikaya 5.29

Walking Meditation Cankama Sutta
Bhikkhu Bodhi Translation

<https://suttacentral.net/an5.29/en/bodhi?reference=none&highlight=false>

AN Anguttara Nikaya 5.29

Walking Meditation Cankama Sutta
Bhikkhu Sujato Translation

<https://suttacentral.net/an5.29/en/sujato?layout=plain&reference=none¬es=asterisk&highlight=false&script=latin>

SN Samyutta Nikaya 14.15

Walking Together
Bhikkhu Sujato Translation

<https://suttacentral.net/sn14.15/en/sujato?layout=plain&reference=none¬es=asterisk&highlight=false&script=latin>